

ABSTRACT OF THE DISCLOSUREMETHOD AND APPARATUS FOR LIGHTING WITH A ONE-PIECE  
PANEL HAVING A PLURALITY OF HOLES

An apparatus for lighting in a building structure. The apparatus comprises a lighting fixture having at least two lamps. The apparatus includes a one-piece layer having a plurality of holes adapted to be aligned with the respective lamps through which light from the lamps pass. A panel for a mounted lighting fixture having at least two lamps in a building structure. A method of lighting a building. A method for forming a panel. A method for forming a panel.